

VA Caregiver Support Program

VA Website: <https://www.caregiver.va.gov>

Arizona VA Health Care Systems - Contacts

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Two Programs - What's the difference?

https://www.caregiver.va.gov/support/PCS_Program_Difference.asp

Program of General Caregiver Support Services (PGCSS)

https://www.caregiver.va.gov/Care_Caregivers.asp

Program of Comprehensive Assistance for Family Caregivers (PCAFC)

https://www.caregiver.va.gov/support/support_benefits.asp

Building Better Caregivers (BBC) is a six week online interactive workshop for caregivers of Veterans. <https://va.buildingbettercaregivers.org/>

VA Caregiver Support Line https://www.caregiver.va.gov/help_landing.asp **1-855-260-3274**

- **Monday - Friday** 8:00AM - 10:00PM (EST) [new expanded hours]
- **Saturday** 8:00 a.m. to 5:00 p.m. ET
- Staffed by VA clinical social workers
- Links callers to their local Caregiver Support Coordinator
- Provides information about assistance through the VA
- Offers supportive counseling when needed

Caregiver Self-Care Activities https://www.caregiver.va.gov/Self_Care_Activities.asp

Caregiver Peer Support Mentoring Program

https://www.caregiver.va.gov/support/Peer_Support_Mentoring_Program.asp

Elizabeth Dole Foundation

Hidden Heroes - The Elizabeth Dole Foundation

<https://www.elizabethdolefoundation.org/hidden-heroes/>

Respite Relief For Military & Veteran Caregivers - Hidden Heroes

<https://hiddenheroes.org/find-help/respite/>

Kids, Youth, and Families - Hidden Heroes <https://hiddenheroes.org/resources/hiddenhelpers/>

Partnership with the Elizabeth Dole Foundation: Campaign for Inclusive Care

www.elizabethdolefoundation.org/campaign-inclusive-care/

American Red Cross - Military and Veteran Caregiver Network (MVCN)

<https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>

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